



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWER BALANCE MOBILITY

## PARKINSON'S PROGRAM "DELAY THE DISEASE"

This evidence-based fitness program, led by a certified Delay the Disease instructor, is designed to empower people with Parkinson's disease and other neurological disorders as well as their caregivers and spouses. This class optimizes physical function while utilizing humor, enthusiasm and optimism to help motivate participants. Participation may lead to increased self-confidence and independence, decreased risk of falls, minimized fatigue, reduced rigidity and improved mobility.

### FEE\*:

Suggested 12 week program (class meets MW 10-11am):

- Members \$85.00 Non-Members \$150.00

On a monthly basis:

- Members \$30.00 Non-Members \$55.00

### CONTACT:

To inquire or register for the class call:

Mary Biddle-Newberry @ **208 695-1591** or

[mary.biddle@ymcatvidaho.org](mailto:mary.biddle@ymcatvidaho.org)

OHIOHEALTH

**DELAY THE DISEASE™**

THE #1 PARKINSON'S EXERCISE PROGRAM

\*Location is @ the Healthy Living Branch:  
1150 W State Street, Suite 203, Boise ID 83702

*Financial Assistance Available!*